



## Tímatafla World Class - Laugar

2023



Tími	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	Tími	Laugardagar
06:15		Tabata (45) Sigurbjörg		Tabata (45) Sigurbjörg		09:00	In shape (L) Gerða
06:15		Infrared HotYoga (60) María Hólm		Infrared HotYoga (60) María Hólm		09:00	Laugaskokk (60) Halla,Guðmundur
06:20		Spinning (45) Pálína María		Spinning (45) Pálína María		09:30	Buttlift (50) Ástrós /Karitas
07:00						10:30	Jallabína (60) Friðrik/Anna
07:30	In shape (L) Gerða		In shape (L) Gerða		In shape (L) Gerða	10:30	Infrared HotYoga (75) María Hólm
08:30	In shape (L) Gerða		In shape (L) Gerða		In shape (L) Gerða	10:40	Spinning (60) Þóra Margrét/Orka
09:00		Mix Pilates (60) Lóló		Mix Pilates (60) Lóló		11:30	Zumba (60) Friðrik/Anna
						12:00	Infrared YinYoga& Nidra (90)Kristian
10:00	Infrared HotFit (60) Dísa		Infrared HotFit (60) Dísa		Infrared HotFit (60) Dísa		<b>Sunnudagar</b>
11:45	Ketilbjöllur (L) Kristófer		Ketilbjöllur (L) Kristófer		Ketilbjöllur (L) Kristófer	09:00	Infrared HotYoga (90) Ann Marie
12:00	Tabata (45) Símon		Tabata (45) Stefán		Tabata (45) Stefán	10:00	Fight (50) Ása
12:00	Spinning (45) Orka	Spinning (45) Þóra Margrét	Spinning (45) Orka	Spinning (45) Þóra Margrét	Spinning (45) Orka	11:00	Infrared YinYoga& Nidra (75)Kristian
12:00	Infrared HotYoga (60) Soffía	Jóga (60) Abba	Infrared HotYoga (60) Soffía	Jóga (60) Abba	Infrared HotYoga (60) Soffía	11:10	Tabata/kviður&bak (60) Helena/Karitas
15:30	DWC 7-9 ára (L)		DWC 7-9 ára (L)			12:20	Spinning (50) Helena/Karitas
16:30	Infrared HotFit(50) Hanna		Infrared HotFit(50) Hanna			20:00	FCÁ (L)
16:30	DWC 10-12 ára (L)	Tabata Buttlift (50) Daníela	DWC 10-12 ára (L)	Tabata Buttlift (50) Daníela	Fight (50) Ása		<b>Salur 1</b>
17:30	Infrared HotYoga (75) Ann Marie	Infrared HotYoga (90) Eva	Infrared HotYoga (75) Ann Marie	Infrared HotYoga (90) Eva	Infrared HotYoga (60) María Franklín		<b>Salur 2</b>
17:30	Laugaskokk (60) Halla,Guðmundur		Laugaskokk (60) Halla,Guðmundur				<b>Salur 3</b>
17:35	Spinning (50) Bjarni		Spinning (50) Siggi Gunn				<b>Salur 4</b>
17:40	Buttlift (45) Salvör	Zumba (60) Anna	Buttlift (45) Salvör	Zumba (60) Friðrik			<b>Salur 5</b>
18:40		DWC 13 - 15 ára (L)		DWC 13 - 15 ára (L)			<b>Tækjasalur</b>

\*(x) lengd tíma (L) Lokuð námskeið

\*Ath. að tímatafla getur breyst án fyrirvara.